

WYO CISM NET

COURSE: Individual/Peer Crisis Intervention

DATES: June 12-13, 2008

LOCATION: 6101 N. Yellowstone, suite 220, Cheyenne, WY

REGISTRATION:

NAME: _____ ORGANIZATION: _____

POSITION: _____ ADDRESS: _____

EMAIL: _____ PHONE: _____

CISM Team Member?: Yes _____ No _____

If not Team Member, are you interested in joining? Yes _____ No _____

Brief Course Description

INDIVIDUAL/PEER

Crisis intervention is NOT psychotherapy; rather it is a specialized acute emergency mental health intervention, which requires specialized training. As physical first-aid is to surgery, crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional or psychological first-aid." Crisis interventions are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and specific protocols for, individual and group interventions. The audience for this class includes both emergency services, military, and business/industrial peer support personnel without formal training in mental health, as well as mental health professionals, who desire to increase their knowledge of individual (one-on-one) and group crisis intervention techniques. Please note that this is a two-day class. The topics listed below will be covered over the course of two days.

Day 1: 9:00 a.m. – 5:00 p.m.

- The concept of CISM as a comprehensive crisis intervention program
- The role of individual crisis intervention in the comprehensive CISM program

- Terms and concepts relevant to the study of crisis, traumatic stress and crisis intervention
- Differential utilities of selected crisis communication techniques
- Demonstration of selected crisis communication techniques
- Psychological reactions to crisis and trauma
- SAFER protocol for individual crisis intervention and its role in comprehensive CISM
- Review of common problems encountered while working with individuals in crisis

Day 2: 9:00 a.m. – 5:00 p.m.

Day 2 is designed to teach participants the fundamentals of, and specific protocols for individual and group interventions and increase Emergency Mental Health skills and to present the core elements of a comprehensive, systematic and multicomponent crisis intervention curriculum. The second day prepares participants to understand a wide range of crisis intervention services including pre and post incident crisis education, significant other support services, on-scene support services, crisis intervention for individuals, demobilizations after group large-scale traumatic incidents, small group defusings and the group intervention known as Critical Incident Stress Debriefing (CISD). The “Group Crisis Intervention” portion specifically introduces and prepares participants to provide several of these interventions—specifically demobilizations, defusings and the CISD. The need for appropriate follow up services and referrals when necessary is also described. Considerable evidence gathered to date strongly supports the multicomponent crisis intervention strategy, which is discussed in this course.

At the completion of this course, participants will be able to: Define stress, CIS, and PTSD; List the 10 basic interventions of CISM; and Define and describe in detail the CISM group processes of Demobilizations, Defusings and Debriefings; List at least four fundamental principles of crisis intervention; Describe common psychological symptoms after trauma; Demonstrate crisis communication techniques; and List risk factors for suicide.

- General, cumulative, critical incident stress and PTSD
- Core intervention tactics
- Demobilization
- Defusing of small groups
- Defusing Demonstration
- Essentials of group intervention, Critical Incident Stress Debriefing (CISD)
- Assessing the need for CISD
- Factors which enhance CISD success

(13 Contact Hours)